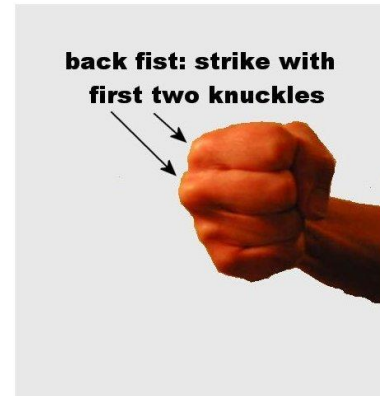


## How to.... Backfist

### How to perform a Backfist

The backfist is one of the fastest hand techniques available. As it uses a snapping motion rather than a thrusting one, (like most other strikes), it can be whipped out in a flash. It is a technique that relies heavily on the striking point to achieve the best results. You must use the actual back part of the knuckles to strike.

A back fist is usually used to the temples, jaw hinges, or ribs. It is executed by striking with the back of the clenched fist (knuckles outward), in an inside to outside, horizontal motion or a downward, vertical motion. The point of contact is the back of the large knuckles. The backfist may be quick, but due to its speed it can also do much damage. The backfist offers maximum protection since you do not have to compromise your body position to use it effectively. It also gives you maximum range; if executed properly, even 6 feet can be too close to stop it. It is virtually unstoppable if used properly. Three important points to delivering an effective back fist are:



Many instructors tell you to bring your elbow up and cock your arm, before throwing the backfist. Although this is correct for basics. In sparing it does tell your opponent that you are going to do something. Also, if you bring your elbow up, you create a target for your opponent to counter strike with your ribs open to pushing techniques. Move the hand toward the target first so no signal is given and you maintain maximum protection.

To accomplish surprise, move your hand first. Most people think that if you move the body before or at the same time you throw the back fist, you will achieve maximum efficiency. However, if you move the hand first, you will find the attack is quicker. Keep fist and wrist loose and relaxed for speed and deliver the back fist with a whipping, snapping movement. At the moment of impact, tighten the fist to create maximum focus and power. Quickly return the backfist to the guard position.

### Slashing BackFist Strike

This strike is usually used to the face, nose or to remove the guard. It is executed by striking with the back of the clenched fist (knuckles outward), by

slashing down to remove the opponents guard or face to score a direct point, this is often an unusual surprise attack.

### Spinning BackFist Strike Controlled

This controlled strike, usually used to the temple. This is executed by rotating the body 360° toward the side executing the strike; however for safety in sparring you should turn and look at your opponent before striking. Uncontrolled techniques are subject to disqualification due to the nature of the damage they can cause.

### Spinning BackFist Strike Uncontrolled

This uncontrolled strike usually used to the temple, is executed by spinning the body very fast through 360° toward the side executing the strike. There is no consideration of the safety of your opponent, so the natural use for this technique is full contact or self defence. Uncontrolled techniques are subject to disqualification in gradings or competition except full contact due to the nature of the damage they can cause.



### Defence

Being alert and mobile is one of the key defensive technique with quality blocks and counters with the legs to maintain distance.